

Ray's essay

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The Benefits of Exercise

There are various types of exercise in the modern world. Ball games and yoga are especially much more popular. Furthermore, doing exercise can help you get benefits on both Physical and Psychological. I want to discuss the advantages of exercising.

Doing exercise can help you stay in shape by burning your fat and sweating. The more time you spend on exercising, the more weight you will lose. Moreover, it can improve your digestive system and promote metabolism. These both help you get rid of the damaged cell and some waste materials of your body. Hence, your body can become stronger and healthier.

Having exercise will make your brain release some substance that makes you happy. It can help you to get away from negative emotion. Besides, your kidney will also release adrenaline which keeps you excited and energetic, so that you won't be too exhausted when doing your job.

Exercising has many aspects of advantages. We should exercise at least thirty minutes each day. In order to have a healthy and happy life, you had better take action.



The Advantages and Disadvantages of TV

In the modern society, most family have a television in their living room. It is very common to see your father watch the news every morning or your mother watch the movies. However, there are still some cons and pros when people watch TV.

Some people said television can let children learn the knowledge by watching some certain channels, such as the Animal Plants, Discovery and so on. These are very popular channels which can not only provide you with some knowledge of nature but also improve your English. Also, when a family watch an exciting sport competition, they can share the joy, which their support team wins the game. It can promote family's strength of gathering.

Nevertheless, watching TV could harm someone's sight. Especially, children were crazy about watching the animation or cartoon that are displayed on TV. If they watch too much TV, it would hurt their eyes. Some scientists prove that watching TV too much might affect the human's brain. It can make people think much more slowly than before. It may draw human's development back.

Controlling the time of watching TV becomes more and more important than ever before. People also need to make a good use of time to keep it from being wasted.



Dragon Boat Festival

Dragon boat festival is coming. Do you feel excited about this? As a student, we always look forward to the festival when we can have a holiday. A precious holiday can save us from being tortured by the bustling schoolwork.

Back to the topic, dragon boat festival is one of the biggest festivals in Chinese traditional culture. The origin of dragon boat festival is to commemorate Qu Yuan who suicided in the river. Most activities in dragon boat festival were held for Qu Yuan. Therefore, today I want to tell you some events that are related to this festival.

First of all, I am going to talk about Zongzi which is also called a rice dumpling. It is a delicacy which is made of rice, pork, peanut, mushroom, salty egg yolk and so on. The origin of zongzi was to prevent Qu Yuan's body from being eaten by fish, so they put zongzi in the river. Furthermore, rice dumplings from Northern Taiwan is different from Southern Taiwan. Northern Taiwanese rice dumpling is grainy, and the taste is strong. In contrast, Southern Taiwanese rice dumpling is soft, and the taste is much lighter.

Next, I want to talk about some activities. Egg balancing is an activity that can give us good luck, but first you need to make the egg stand on the floor without using any tool. Dragon boating is an exciting competition that is only held in this festival. The origin of dragon boating is to rescue Qu Yuan. Unfortunately, they didn't make it. Now, dragon boating is seen as a method to send bad luck away. The fastest boat to reach the finish line is the winner. Furthermore, we also use wormwood to protect us from bad luck. A tale said that wormwood is shaped like a sword made of water, so people believe wormwood can drive away the evil spirit. And we usually put it near the door.

There are still a lot of activities that we can join. Also we have to make a good use of this holiday. Whether you want to relax and have a vacation or be at home and stay with your family, I hope that everyone can enjoy the time staying with their family.



Brand Names

Every brand has its origin. They usually name their brands from the meaning of the words. I take the clothing store as examples. One of the most popular and famous clothing stores GAP. It means the generation gap between adults and kids. I think their purpose is to reduce the generation gap by the similar clothes. Furthermore, some websites can be named as an abbreviation. Such as ASOS is a British shopping website which stands for AS SEEN ON SCREEN.

Some brands have some interesting stories. I take GOOGLE as an example. The Google site was first named "Googol" which stood for the number 1 and was followed by 100 zeros. A story said that the founders got a check that had the amount of money from the investors, and they decided to name the company as Googol. However, while the company was registering the domain name, they found that they wrote Googol as Google. And that's how it became their company's name.

LG is a company which is selling electronic machine, and we all mistake LG for "Life's good". That is the brand logo but not the meaning or the history of this name. It is a combination of two words, Lucky Goldstar, which was the founder name of the company.

Also, some brands can be named from the inventor's name. Chanel, which is one of the most popular boutique stores in the world, is named after its French founder Coco Chanel. She designed a type perfume, Chanel No.5, which became worldwide famous. From that time, the brand Chanel has become a household name.

If I can create a sports shoe brand, I will call it RW. It is an abbreviation that means run wildly. I will invent shoes that are quite different from other shoes. Also, I hope that customers can feel comfortable when they are running in the wild.





Body Language

Learning a foreign language is getting more and more important for people who must have a conversation with foreigners. Without a doubt, body language is also an essential part of language. A psychologist said, body language shows much more meaning and profound than verbal language. On the other hand, people can understand someone's feeling or mood by observing their gestures and facial expressions. Also, your body language can easily reveal your feelings. Furthermore, understanding other countries' body languages is vital for travelers. To keep away some misunderstandings, learning local culture is a lesson that travelers must take. For instance, the gesture V in Taiwan means happy; however, it has a discrimination meaning in England and other European countries.

To sum up, body language is essential in daily conversation. If you make a good use of body language, you could avoid plenty of unnecessary misunderstandings. Therefore, we should take a course about body language before heading to other countries.



How will the world react if we find another planet with intelligent life?

If we find another planet with intelligent life, most people will be very excited. We always look forward to having a friend from other planets. The space is so enormous that we cannot detect all planets in person. We can only launch plenty of reconnaissance aircrafts to search for other intelligent lives.

If we find out other intelligent lives which are in other planets, we will know that we are not alone. We can have a communication with them or exchange the latest technology. Furthermore, we may invent the transportation which can help us reach another planet to have a cultural exchange. In the contrary, the previous alien's tracks which we investigate will be a strong evidence that they have visited the earth before. Perhaps they have strange intentions such as they want to destroy our planet. We still need to beware of their actions.

At least, finding out aliens from other planets is fantastic. It means that scientists' investigations have paybacks rather than work for nothing. The next thing is how we build up a relationship with aliens. We can cooperate and make each other's lives become better.



Should Students Wear School Uniforms?

I think students should wear school uniform. Although most students don't support my opinions, I still insist on my opinion. There are two reasons that I think students should wear uniform.

School uniforms is an important part of school. Wearing school uniform can make students have the sense of belonging. We are from the same school, and we study in the same classroom. Moreover, we even experience the school life in the same school. We are not strangers, but a big family. This is how the school uniforms affects us.

Also, in my opinion the best part of wearing school uniform is convenience. I don't have to decide which clothes I should wear tomorrow, or what kind of color suits me the best. If you are willing to wear uniform, you could save the time of hesitation. In fact, none of your classmates care about what clothes you wear today.

As we know from above, wearing school uniform isn't bad at all. The duty of students is to study hard and get into an ideal college. We don't need to spend the time on choosing the next day's clothes. We don't have much time to waste.





A Happy Family Reunion

In Chinese tradition, people usually come back to their old home on the certain festival, such as Chinese New Year, Moon Festival and so on. The most important thing of these festivals is to let family get together.

Every Chinese New Year, my family customary is to go to Tai Chung to visit my grand-grandmother. She is always excited about her children coming back. As we chatted, she shared her interesting things that happened recently. We laughed with tears and had a lot of fun. After we talked, she took us to her garden to see the beautiful flowers that she planted. My grand-grandmother was very proud of her skills of gardening. She was taught to plant some vegetables and flowers when she was little by her mother. Also we also grabbed some vegetables for our dinner. I always want to show my cooking skills that my mother taught me to my grand-grandmother, but the taste always was not what I expected. After we finished the dinner, we said goodbye to my grand-grandmother.

Family reunion is a valuable opportunity to improve family relationship. We can laugh together and have fun together. However, my grand-grandmother is getting older, so the family reunion becomes more and more important for us. I should value every chance which I can stay with my family to make joyful as much as we can.



F A M I L Y



Experience is the Best Teacher

For most people, having an adventure or doing something you have never done before is a strict challenge. Normally, many people probably want to take up the challenge. However, some people may think it is too dangerous to do something that the result is unknown. They will give up before receiving this challenge.

I had the same situation in my senior high school time. I joined a school scout club which required us to go camping and live in the wild camping site. I always refused to the teacher when he asked me to go camping. Yet, things never went smoothly as I thought. My mom got the call from my teacher. What's worse, she had already agreed with the teacher to make me go camping. Hence, I needed to wake up early and got on the bus.

When I got to the camping site, my groupmates were so surprised that I can finally joined the camp. Our first mission was to put up our tent. It took me half an hour to put up our tent. My back was extremely wet, my shirt even could be squeezed out a lot of water. Furthermore, the teachers taught us about the knowledge of living in the wild and making a fire with matches. I was very interested in listening to this kind of knowledge. At last we had a party at night, and we had a barbecue and had a lots of fun.

Maybe having some activities that you have ever tried is the best experience for everyone. I realized that I should not be scared when I face the new challenge. I should come over it and learn something during the challenge.

Love
You'r
Life



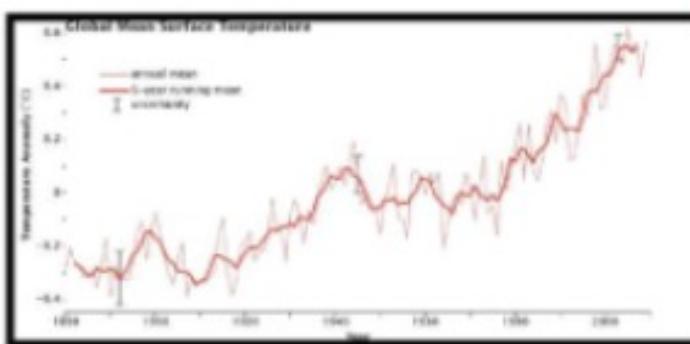
Life has a
problem,
that is how to
make an inch
of time is an
inch of his life.

Global Warming

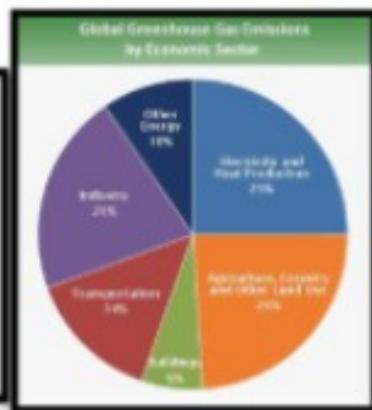
Global warming is one of the most serious environmental issues that human face to. However, do we really understand how serious the global warming is? Today, I want to tell you the reasons and the effect of global warming.

The natural disasters frequently occurred in recent years. First of all, ice melting is the most obvious and serious phenomenon because of global warming. The North Pole is melting in large area. What's worse, the North Pole almost disappears. Furthermore, polar bears also suffer from this situation. They lack of food to keep them alive. Secondly, the Australian fire is the biggest disaster that happened recently. It lasted almost five months. It took away five billion animal's lives. Kangaroos and koalas were burned alive. This was also related to global warming.

We can see the chart 1 which record the global average temperature from 1880 until now. Because of the Industrial Revolution in 1870, human began to use fossil oil. From that time, the carbon dioxide began to be released from machines. Also, the most carbon dioxide emission is not only from factories. From chart 2, agricultures and electricity production even release more carbon dioxide. From chart 3, we can see China and US release the most carbon dioxide. Cutting down the forest is a big problem. The merchants and government want to gain more benefits from the land. Their selfish let the earth face an intractable trouble.



▲Chart 1



▲Chart 2

Rank	Country	Emissions in 2017 (GtCO ₂)	% of Global Emissions
#1	-China	9,839	27.2%
#2	-United States	5,789	14.8%
#3	-India	2,807	7.8%
#4	-Russia	1,885	4.7%
#5	-Japan	1,295	3.3%
#6	-Germany	799	2.2%
#7	-Iran	672	1.8%
#8	-Saudi Arabia	625	1.7%
#9	-South Korea	616	1.7%
#10	-Canada	573	1.6%
#11	-Mexico	490	1.4%
#12	-Indonesia	487	1.3%
#13	-Brazil	476	1.3%
#14	-South Africa	456	1.3%
#15	-Turkey	448	1.2%
	Top 15	36,135	71.2%
	Rest of World	10,824	27.7%

▲Chart 3

Recently, some green industry invents some fuel and energy that can replace the one which would pollute the environment. They make use of algae or some grains that can produce oil to become a car fuel. It can reduce the amount of using fossil oil. Solar panel is also a good equipment to produce electricity. By the way, using LED light bulb is not only a wonderful way to save electricity but also the electronic equipment that can save your money.

3R that stands for Reduce Reuse and Recycle. It seems to be easy to achieve these conditions, but we should achieve them every day and every moment. For example, we have a paper recycle. We make a good use of wasted paper to avoid cutting down excessive trees.

We need to take a good care of our planet. It is a home to everyone. We can't destroy it in this generation. To give your offspring a wonderful world, you had better take action right away.

